Friendship Heights Village Center



Calendar of Events 200

S E E В E R **WEDNESDAY MONDAY TUESDAY THURSDAY FRIDAY SATURDAY SUNDAY** It's a Shore Thing 8:15 a.m.: Walking Club A few spaces remain for our day trip to Rehoboth, 9 a.m.: – 1 p.m.: Twin Springs Del., on Monday, Sept. 10. We'll leave the Village Center at 8 a.m. and should return after 7 p.m. We'll make a stop at the Tanger Outlets - Midway for those who want to shop. Lunch is on your own. The cost of the trip, which includes transportation and driver's gratuity is \$49. Sign up at the Village Center. **Labor Day** 9:15 a.m.: Fit-4-Ever 8:15 a.m.: Walking Club 8:15 a.m.: Walking Club 8:15 a.m.: Walking Club 9:30 a.m. – 1:30 p.m.: Coffee 10:30 a.m.: Coffee and and Sunday Papers **Center Open** 10:15 a.m.: Yiddish Current Events 9 a.m.: – 1 p.m.: Twin 9:30 a.m.: Tai Chi 9:30 a.m.: Tai Chi 9 a.m. to 2 p.m. 7:30 p.m.: Concert: 1 p.m.: Bridge Group Springs 1 – 2:45 p.m.: Blood 11 a.m. – 4 p.m.: Village **Capital Accord Chorus** Playtime 10 a.m.: Great Books Pressure Screening 6 p.m.: Scrabble 10:30 a.m.: Drop-in Tai Chi 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse 6:45 p.m.: Acrylic or Oil 7 p.m.: Mat Pilates 7:30 p.m.: Jewish Washington 10 11 12 13 8:15 a.m.: Walking Club 9:30 a.m. - 1:30 p.m.: Coffee 8 a.m.: Depart for 8:15 a.m.: Walking Club 9:15 a.m.: Fit-4-Ever 8:15 a.m.: Walking Club 9:15 a.m.: Drop-in Tai Chi and Sunday Papers Rehoboth 9:30 a.m.: Tai Chi 10:30 a.m.: Coffee and 9 a.m.: – 1 p.m.: Twin 10:15 a.m.: Yiddish 9:30 a.m.: Tai Chi 11 a.m. - 1:30 p.m.: 9:15 a.m.: Fit-4-Ever 1 p.m.: Portraiture in Pencil 1 - 2:45 p.m.: Blood 11 a.m. - 4 p.m.: Village **Art Reception** 12 – 1:30 p.m: Landon 10:30 a.m.: Strength 10 a.m.: Great Books Pressure Screening and Pastel Playtime Training with Cheryl Symphonette 6 p.m.: Scrabble 3 – 4 p.m.: Tea 10:30 a.m.: Drop-in Tai Chi 1 p.m.: Suburban 1 p.m.: Bridge Group Lecture: Common 6:45 p.m.: Acrylic or Oil 3 – 5 p.m.: Suburban Nurse 1 p.m.: Bridge Group **GI Problems** Specialist Painting 2:30 p.m.: Drawing and 1 p.m.: Health Insurance 7 p.m.: Mat Pilates 6:45 p.m.: Movie: Painting Counseling **Boynton Beach Club 8 P.M.: FRIENDSHIP** 7:30 p.m.: Concert: movie and discussion **HEIGHTS COUNCIL Doug Wilson MEETING** 16 9 a.m.: Yoga 9:15 a.m.: Fit-4-Ever 8:15 a.m.: Walking Club 9:15 a.m.: Fit-4-Ever 8:15 a.m.: Walking Club 9:15 a.m.: Drop-in Tai Chi 8:15 a.m.: Walking Club 10 a.m. - 3 p.m.: AARP Safe 9 a.m.: – 1 p.m.: Twin 9:30 a.m. – 1:30 p.m.: Coffee 10 a.m.: Great Books 10:15 a.m.: Yiddish 9:30 a.m.: Tai Chi 9:30 a.m.: Tai Chi Driving and Sunday Papers 10:30 a.m.: Resistance 12:30 p.m.: Vision Support Springs 11 a.m.: Strength Training 10 a.m.: Improve Your Training For Seniors 12 p.m.: Concert by So-10:30 a.m.: Coffee and with Tonya Memory Group nia and Sam Oram 11:30 a.m.: Flexible Stretch Current Events 1 - 2:45 p.m.: Blood 1 p.m.: Portraiture in Pencil 11 a.m.: Still Life Painting And Strength Pressure Screening and Pastel 10:30 a.m.: Strength 11 a.m. - 4 p.m.: Village 1 p.m.: Bridge Group Training with Cheryl 3 - 4 p.m.: Tea 7:30 p.m.: Concert: Playtime 2:30 p.m.: Drawing and 1 p.m.: Bridge Group **Ericka Ovette** 6 p.m.: Scrabble 3-5 p.m.: Suburban Nurse Painting Specialist 6:45 p.m.: Acrylic or Oil 6 p.m.: Depart for La 7 p.m.: Mat Pilates Painting Bohème 7:30 p.m.: The Climate 7 p.m.: Café Muse Project 7 p.m.: Yoga 26 23 8:15 a.m.: Walking Club 9:15 a.m.: Fit-4-Ever 9 a.m.: Yoga 9:15 a.m.: Fit-4-Ever 9:15 a.m.: Drop-in Tai Chi 8:15 a.m.: Walking Club 9:30 a.m. – 1:30 p.m.: Coffee 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:15 a.m.: Yiddish 12 to 5 p.m.: Taste of 10 a.m. - 2 p.m.: MVA Bus 10 a.m. - 3 p.m.: AARP Safe 10 a.m.: Improve Your and Sunday Papers Driving Friendship Heights 10 a.m.: Great Books 11 a.m.: Strength Training 9:30 a.m.: Tai Chi with Tonya 10:30 a.m.: Coffee and 10:30 a.m.: Resistance 1-2:45 p.m.: Blood 11 a.m.: Still Life Painting Current Events 1 p.m.: Discussion on Training For Seniors Pressure Screening 11 a.m. – 4 p.m.: Village 11:30 a.m.: Flexible Stretch **Balance and Fall** 10:30 a.m.: Strength 3 – 4 p.m.: Tea Playtimê Prevention 30 6 p.m.: Scrabble 3 – 5 p.m.: Suburban Nurse 1 p.m.: Portraiture in Pencil 1 p.m.: Bridge Group 6:45 p.m.: Acrylic or Oil Painting 1 p.m.: Bridge Group Specialist 9 a.m.: Yoga

Shuttle bus hours

9:30 a.m. - 1:30 p.m.: Coffee

and Sunday Papers



7 p.m.: Mat Pilates

2:30 p.m.: Drawing and

7: 30 p.m.: Book Signing

with Michel Richard

Painting

7 p.m.: Yoga

Monday through Friday Saturday and Sunday

6:40 a.m. to 9:40 p.m. 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m. 9 a.m. to 5 p.m. Friday Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

Improve your memory skills

1 p.m.: Health Insurance Counseling

7:30 p.m.: Concert: Les

Amis de Mozart

The popular series, "Improve Your Memory" taught by Murray West, returns to the Village Center in September. Participants will examine and discuss the individual's ability to modify the brain's and the body's response to normal aging. Use of this information will help minimize frustrations caused by common lapses of memory.

7:15 p.m.: Depart for Strathmore

from Iwo Jima

7 p.m.: Movie: Letters

Instructor Murray West, a gerontologist, has a special interest in the study of improving memory skills in older adults. He has participated in research of memory at the Cognitive Neuroscience Section, NINDS, and the Clinical Neuropharmacology Branch, NIMH at the National Institutes of Health.

These free sessions will meet Thursday mornings from 10 to 11 beginning Sept. 20. Registration is required; please see details on the Classes and Clubs page.